



## Tej yam koj yuav tsum paub txog kab mob Foodborne

- Kab mob Foodborne, lom saub mov, yog kev mob los ntawm txhuav cov saub mov koj noj. Tsom kwm kom saub mov huv yuav pab tau koj tsis muaj mob tom qab koj noj saub mov.
- Cov ua kom muaj kab mob hu ua pathogens. Thaum ib co pathogens zoo li Listeria monocytogenes, Campylobacter, Salmonelia, thiab E. coli O157:H7 los tov rau nrog khoom saub mov, thaum no yog cov kab mob foodborne.
- Ib xyoo twg Centers for Disease Control thiab Prevention khwv yees tias muaj li 76,000,000 tus neeg nyob rau hauv teb chaws Amelika mob, muaj li 325,000 tus neeg raug pws tom tsev kho mob, thiab 5,000 tus neeg tau tuag los ntawd kab mob foodborne.
- Kab mob Foodborne ua rau yus xeev siab, ntuav, zawa plab, los yog dias tau hau. Cov menuam mos ab, cov menuam me, cov poj niam uas xeeb tub, neeg laus, thiab cov neeg uas muaj mob hauv lub cev xws li muaj cancer, ntshav siab, AIDS, hloov pob txhas mos thiab hloov khoom hauv nruab nrog cev yuav tau cov kab mob foodborne no yooj yim tshaj.
- Yog koj twb muaj mob foodborne lawm, hu rau koj tus kws khos mob los yog cov tsev khos mob nkeeg.



Kev khaws koj cov saub mov kom zoo thiaj tsis muaj kab mob, koj yuav ua raws li cov nqi khaws saub mov—Ntxuav, Muab Faib, Ua Kom Siav, thiab Ua Kom Txias.

- **Ntxuav:** ntxuav tes, ntxuav plaj thiab diav, thiab rooj ua thiab rau saub mov.
- **Muab Faib Khoom noj:** tseg tsis txhob ntim hnab ua kev, tsis txhob cias cov nqaij siav, qaib, los yog cov kuas nqaij tsis tau siav los ntxaum rau cov koom noj uas tseem tsis tau siav.
- **Ua Kom Siav:** Ua cov saub mov kom siav raw li temperature. Siv tu thermometer (tus kuaj kub) los kuaj seb nqaij hauv nruab nrog kub npaum li cas. Nqaij nyug yuav tsum kub txog li 145 °F; nqaij hamburgers yuav tsum kub txog li 160 °F; hauv siab nqaij qaib thiab cov txwv yuav tsum kub txog 170 °F; tus qaib thiab cov txwv yuav tsum kub txog 180 °F.
- **Ua Kom Txias:** Yuav tsum muab koom noj mus tso rau cuas txias los yog cuas khov li 2 teev, los yog li 1 teev rau qhov chaws kub tshaj 90 °F ua ntej.

Yog xav paub tshaj qhov no ntxiv txog kev  
Tshom Kwm Saub Mov, hu tau rau  
**USDA Meat thiab Poultry Hotline**  
1-888-MPHotline (1-888-674-6854)  
TTY/1-800-256-7072  
E-mail: [mphotline.fsis@usda.gov](mailto:mphotline.fsis@usda.gov)

Los yog “nug tau Karen,” FSIS’Web-based kev teb lus nug  
Tam sim ntawv—muaj pab li 24/7 nyob ntawm  
**[www.fsis.usda.gov](http://www.fsis.usda.gov)**

The Food Safety and Inspection Service (FSIS) is the public health agency in the U.S. Department of Agriculture responsible for ensuring that the nation’s commercial supply of meat, poultry, and egg products is safe, wholesome, and correctly labeled and packaged.

**United States Department of Agriculture**  
Food Safety and Inspection Service

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